

## Chinese American war heroes march in Veterans Day Parade

## 華裔退伍軍人會 退伍軍人節遊行上展英姿



Boston Chinatown Post 328 is among the many legions that joined the parade. (Photo by Kaili Xu)/ 老兵節遊行在波士頓市中心舉行。(徐凱俐攝)

By Kaili Xu

Marching bands, veteran organizations and local citizens all participated in Boston's annual Veterans Day Parade on November 11 to honor veterans and support heroes. Boston Chinatown Post 328 was among the many legions that joined the parade and garnered applause from bystanders.

Held by the American Legion and the City of Boston, the parade began at Charles Street on the Boston Common side. Its route was from Boylston Street to Tremont Street and ended at City Hall Plaza. Thousands of Massachusetts residents and tourists from other parts of the world stood along both sides

of the streets, greeting the troops that fought overseas, waving the national flags in their hands and cheering for all the veterans.

Alvin Wing, commander of Boston Chinatown Post 328 said it was very inspiring to be part of the parade, and he felt proud to be one of the veterans who were honored by the annual parade.

Gock Wong from Boston Chinatown Post 328 also said veterans sacrificed themselves and their families in the wars, so they are worth being honored and remembered.

Dave Ching, coordinator of the Veterans Day Parade at Boston Chinatown Post 328 agreed. He said they went through many hardships to keep the country safe for the long term.

On Veterans Day, the Patrick-Murray Administration also recognized the service and sacrifice of Massachusetts veterans and signed a bill that expanded the benefits and services available to the Bay State veterans and their families. Currently, service members are eligible to receive a one-time \$1,000 "Welcome Home" bonus upon returning from a deployment to Iraq or Afghanistan, but this bill expands this bonus to provide an additional \$500 bonus for each additional overseas deployment.

Kaili Xu is a Sampan correspondent.

【本報記者徐凱俐報導】11月11日週三下午一點左右老兵節遊行在波士頓市中心舉行。十多名來自波士頓華裔退伍軍人會(Boston Chinatown Post 328)的退役老兵英姿颯爽地出現在遊行的隊伍裡，展示華裔退伍老兵的風采。

美國退伍軍人協會(The American Legion)與波士頓市政廳在老兵節當日聯合舉辦遊行榮耀所有老兵。遊行由波士頓公園(Boston Common)一邊的查爾斯街(Charles Street)出發，經伯爾斯頓街(Boylston Street)沿天滿街(Tremont Street)最後到達市政廳廣場。多數參加遊行的都是包括波士頓華裔退伍軍人會(Boston Chinatown Post 328)在內的曾經於海外作戰的軍團。

當日天氣風和日麗，遊行所經路線沿途站滿歡呼雀躍的群眾，他們有的靜聲觀看、有的手搖國旗、有的鼓掌示意，氣氛莊重，儀式隆重，引得過路行人也忍不住駐足觀看，更有人特意前來，為曾效力海外的軍團助威。

波士頓華裔退伍軍人會會長李錦堂表示參加老兵節遊

行非常激動人心，他為能代表老兵加入遊行的隊伍感到非常自豪。

華裔退伍軍人會成員黃國麟雖然已70多歲高齡，但遊行日上的他步履輕健，風采絲毫不減當年。他表示自己已經多次參加老兵節的遊行，他認為遊行活動是對所有退伍軍人所做犧牲的紀念，非常值得。

波士頓華裔退伍軍人會老兵節遊行委員會協調員周暢也表示，曾參加過戰爭的他希望看到一片和平的景象。

觀群眾的Sayuri Kaze-niac表示，這是她第一次觀看老兵節遊行，她覺得這個活動很有意思，值得一看。麻州州長派區克(Deval L. Patrick)也在老兵節當日宣布了擴大對老兵和其家庭福利和服務的法案。法案內容包括在現有的老兵福利法基礎上，為曾多次出戰伊拉克和阿富汗戰爭老兵增加現金獎勵等舉措。目前，從伊拉克或阿富汗歸國的士兵可以獲得一千元的一次性獎勵，而新條文則允許士兵在每次海外出征後都領取額外的五百元獎勵。

## TCC meeting highlights: Exploring Chinatown's built environment and the new Mandarin immersion child care

By Samuel Tsoi

At the recent Chinatown Coalition (TCC) meeting on Thursday, November 12, held at the Boston Chinatown Neighborhood Center (BCNC), Justin Crane from CommonBoston presented plans on exploring the unique architecture of the city's neighborhoods.

CommonBoston is an annual interactive event that helps illuminate the appreciation of architecture and reflect upon how the built environment (streets, landscapes, buildings and neighborhoods) can be improved. The project focuses on Chinatown, as well as other unique neighborhoods such as Jamaica Plain, Fort Point Channel and Ashmont in Dorchester.

"It all began with three architects sitting at a café," Crane explained. The volunteer group is made up of architects, community development professionals and planners who celebrate the built environment that makes each neighborhood distinct. The group hopes to bring together

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## Comic

by Lillian Chan

Advice to women who choose to wear spandex/leggings?



11-16-09

If you need to bend over, DON'T. Assaulting my eyes with your rear in all its glory is just wrong.



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Wrong.



for more, checkout [www.lillianchan.com](http://www.lillianchan.com)

## Announcements

### CHINATOWN

#### Chinatown Storefront Library

The Library offers story hours, author workshops, nature programs, and more.

Address: 640 Washington Street, (between Essex and Beach Streets), Boston, MA 02111.

Regular Hours starting Thursday October 15, through December 2009:

Tuesday - Friday 8:00-10:00 a.m. and 4:00-7:00 p.m.

Saturday 10:00 a.m. - 5:00 p.m.

More information and schedule of events: [www.storefrontlibrary.org](http://www.storefrontlibrary.org) or call (617) 275-8117.

#### KKCS annual gala

The Kwong Kow Chinese School (KKCS) will host its annual fundraising gala and auction at Empire Gardens in Chinatown on December 12th. The evening will include cocktails, dinner, student performances and awards. There will also be a silent auction of sports memorabilia, fine dining and unique experiences.

For more information and to purchase tickets, please contact Kara Crowley at (617) 488-2861 and [kcrowley@regancomm.com](mailto:kcrowley@regancomm.com) or Betty Liang at (617) 426-6716.

### BOSTON

#### Trainings on immigration issues

The Massachusetts Immigrant and Refugee Advocacy (MIRA) coalition will present a basic introduction to immigration law on the following dates: Springfield: 11/20, 1-4 pm, Marshall Center.

The topics include visa categories, green card, and citizenship; intersection of immigration and state & federal benefits with an in-depth examination of the new MA healthcare plan for special immigrant categories.

To register for any of these sessions, please send your name, contact information, and session you would like to attend to [ssekhat@miracoalition.org](mailto:ssekhat@miracoalition.org).

### QUINCY

#### QARI annual meeting

The Quincy Asian Resources, Inc. (QARI) Board of Directors will hold its annual meeting on Tuesday, November 24th, 6:30pm at the Thomas Crane Library,

### Quincy Center.

This year's meeting includes guest speaker Paul Lee, a prominent Boston attorney and founder of the Asian American Lawyers Association of Massachusetts, a light buffet with foods from China, India, Japan, and Vietnam, the installation of new and returning board members, and news of the activities of QARI over the last year.

Due to limited space, please register to attend by Wednesday, Nov. 18th. Please RSVP to Christine Nguyen at [Christine@quinciasianresources.org](mailto:Christine@quinciasianresources.org) or John Brothers at [john@quinciasianresources.org](mailto:john@quinciasianresources.org).

### ACADEMICS

#### International student article scholarship competition

The American International Education Foundation (AIEF) is pleased to announce its Annual International Student Article Scholarship Competition for international undergraduate and graduate students who are studying full-time at a U.S. college or university.

#### Article Requirements:

The article must be written by an international student enrolled full-time at a U.S. college or university, either at the undergraduate or graduate level. Articles should vividly describe the international student's experiences and activities at a U.S. higher education institution. Tips on campus life or working experiences are particularly welcome. Articles may range from 400-800 words, and 2 to 3 high-resolution photos with captions to illustrate the article are also required.

#### Scholarship awards:

Scholarship awards ranging from \$200 to \$500 will be awarded to the authors of the winning articles. The articles submitted will be reviewed and chosen by the UScampus Guide editorial staff for printing in UScampus Guide, a publication of the American International Education Foundation (AIEF). The selection process for determining the winning articles includes an evaluation by the editorial staff of UScampus Guide as well as input from readers.

#### Article submission:

In order to be considered for publication in the Spring

2010 edition of the UScampus Guide, articles with photos must be submitted no later than DECEMBER 1, 2010 via email to [Guide@uscampus.com](mailto:Guide@uscampus.com). AIEF reserves the right to review and edit submissions for content and length. All submissions become the sole property of AIEF. For more information, please call (240) 453-9488.

#### BU lecture on former Chinese premier

What: A lecture by editors Bao Pu and Adi Ignatius.

When: Monday, November 30, 2009 4:00pm-6:00pm.

When: GSU Conference Auditorium, 775 Commonwealth Ave.

In 1989, reformist leader and former Chinese premier Zhao Ziyang publicly defied the Communist Party of China by sympathizing with the student protests in Tiananmen Square, a decision that resulted in his house arrest until his death in 2005.

In this lecture, co-editors Bao Pu and Adi Ignatius will tell the extraordinary story of the release and importance of Zhao's memoirs. Created in secret and smuggled out of China, they provide an unrivaled inside look at the Chinese leadership and new insights into the history of the Tiananmen struggle.

For more information: <http://www.bu.edu/asian/events/events.html> or [buasia@bu.edu](mailto:buasia@bu.edu)

#### Harvard presents Japanese law film series

What: Harvard Law School Japanese Law Film Series: Family

and War in Law and Film Film Screening: *Seven Samurai* (Dir. Akira Kurosawa, 1954) with English subtitles.

Where: Hauser Hall 102, Harvard Law School, 1545 Massachusetts Ave., Cambridge.

When: Wednesday, November 25, 7:00 PM

Peripatetic samurai agree to protect an impoverished and besieged farming community. On the scarcity and sanctity of gratitude and compassion. Starring Takashi Shimura and Toshiro Mifune. Nominated for two Academy Awards and the Golden Lion in Venice.

#### Harvard series on international relations in East Asia

What: The United States and Kaji Wataru in Wartime China and Occupied Japan.

Where: Bowie-Vernon Conference Room K262, CGIS Knafel Bldg., 1737 Cambridge St.

When: Tuesday, December 1, 12:30 - 2:00 PM.

Who: Erik Esselstrom, Assistant Professor of History, University of Vermont. Discussion Moderator: Andrew Gordon, Lee and Juliet Folger Fund Professor of History, Dept. of History, Harvard University Weatherhead Center Program on U.S.-

Japan Relations presentation co-sponsored by the Reischauer Institute.

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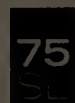
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## Chinatown News

## FROM PAGE 1 TCC

voices from activists and architects so that designs and decisions on structures and infrastructure are made with a widerange of input.

"[Activists and architects] do not always see eye to eye," Crane said. "When they do meet, the conversation is not always constructive." With planning for the spring event underway, Crane hopes an ongoing series of meetings with Chinatown stakeholders will make the project more successful. It is Crane's hope that the architectural project will enable the community to understand the effects of built environment on the social and civic aspects of the community.

Richard Goldberg, Director of Education at Asian American Civic Association (AACA), presented the newly translated one-page pathway chart in Chinese of all Chinatown programs that will lead immigrants to further education, citizenship and employment at a mainstream English-speaking job.

Besides educating immigrant adults, AACA is providing a new service for children with a special emphasis on Mandarin. Goldberg announced the opening of the Buds & Blossoms Early Education and Care Center. When the center opens in January 2010, it will become Boston's first Mandarin Chinese immersion childcare center, with a capacity for 51 children, ages 6 months to 6 years.

*Samuel Tsoi is a Sampan correspondent.*

## Feature

## From Tyler to Oak

FROM 11/06 PAGE 7

By Cliff Wong

Although I was employed elsewhere, I returned to help facilitate some of the programs. I also served on the board for a while. (We always come crawling back!) The Y was active in community events like the Annual Christmas Party, the August Moon Festival, and the "National Night Out" Celebration. As successful as the social programs were, the South Cove YMCA was headed for trouble.

By the late 1990's, the third bubble began to wear. Like its predecessors, the bubble was succumbing

to time and the elements. This meant that the existence of the South Cove YMCA was threatened. As the new millennium neared movements were made to seek an alternative site. The process itself was challenging for Y supporters. The campaign was rigorous and emotions ran high. There was lots of political lobbying, proposed land exchanges, squatter's rights. Strange bedfellows joined forces for and against the Y's position. By 1998, an agreement was in place, the border war was over, and construction for the new location began. In 2000, the Wang YMCA at 8 Oak Street West opened to the public. It was under Richard Chin's watch that the branch underwent its most significant transformation. However, the pressure took its toll and Chin stepped down from his position. He later accepted the secondary position of Director of Community Development. An old friend, Bill MacAfee, came out of retirement to run the Wang YMCA to see it through its first 2 years. (They always come crawling back!) The last year at the Bubble, there were 2 full-time staff members. In comparison, the Wang Branch now exceeds 65. The swimming pool at the Wang is year-round, heated, and no longer needs disassembling each fall. Times change and so too do landscapes. MacAfee's final retirement was followed by Joe Nogello's era, Paula Reynolds' era, and current administration led by Karen Gately. Despite the branch's rapid expansion and many changes, many obstacles remain the same, budget deficits, staff shortages, equipment problems, etc.. Nevertheless, the spirit of the Chinatown YMCA continues to move forward and to serve the community. The one thing that will never change is the need for your support!

At the end of John Ford's "The Man Who Shot Liberty Valance." The reporter states, "If the legend becomes fact, print the legend." There are numerous legendary characters to the history of the YMCA in Chinatown. Unlike the Liberty Valance tale, the Chinatown "Y" heroes are all very real. They were simple people thrust into challenging situations and never once wavered. From the David Toon period to the branch's current era, members of the community stepped forward and championed the cause of the YMCA in Chinatown. They shoveled snow to play basketball, removed tons of sand, wrapped

gifts for Christmas parties, patched bubbles, raised funds, lobbied, managed, and persevered. In spite of insurmountable odds, they never gave up. They made enormous sacrifices so that today's Chinatown can enjoy a facility to be proud of. I regret the failure to name all of the heroes in this article. This article pays tribute to these heroes and their triumph of the human spirit. The Wang YMCA owes them its very existence and has become an icon of that triumph of the human spirit from the past.

Special thanks to the following for providing insight for this article: Bill MacAfee, former Executive Director; Bill Bray, former Executive Director; Bill Moy, current Board Chairman; Richard Chin, current Director of Community Development; and Bruce Wong, former member and my older brother.

*Cliff Wong is a former board member of the Wang YMCA.*

## Youth

## War in Afghanistan: A losing state

It's been eight long years since September 11. Ever since terrorists brought down the World Trade Center in New York and the Pentagon in Washington D.C., President George W. Bush declared war on terrorism within Afghanistan, claiming there were weapons of mass destruction in the country. Not only was the U.S. Army fighting against al-Qaeda at the beginning of the war, but they also were fighting the Taliban and other insurgent groups. For eight long years, massive blows to both sides caused devastating casualties. Deaths and injuries are caused among the soldiers and civilians through terrorist activities. The U.S. Army was struggling to control the situation while suffering multiple cataclysms. While President Bush claimed the missions in Afghanistan were successful, the news media said the opposite; making everyone in the country wonder if this war was worth it. President Obama has since taken over office and it's been eight months since his inauguration. But the situation about the war hasn't changed.

After the destruction of the World Trade Center and the Pentagon, President Bush sent troops

to the country on an ultimatum to stop al-Qaeda. The Taliban offered to surrender Osama bin Laden to the U.S., but President Bush refused the offer and commanded a bomb strike on Afghanistan. This caused multiple civilian casualties and many towns and cities to be destroyed. In response, the Taliban attacked right back, causing more civilian casualties. I believe President Bush refused the Taliban for two reasons. One, the Taliban's form of government is inhumane because they treat women cruelly and make them look less human. They ban western knowledge, music of any kind, and forbid women to be educated. Anyone who commits a crime gets their hands cut off or worse - in front of everyone. Second, the Taliban had treated bin Laden with hospitality and asylum, the standard their code of behavior tells them to treat a guest. President Bush believed the Taliban were allies with bin Laden because of this code. Regardless, after the refusal of the offer, both al-Qaeda and the Taliban caused many casualties among the U.S. soldiers and civilians of Afghanistan and a battle of two - against - one was created.

A few years later, the conditions in Afghanistan were getting worse and worse. Through out the years, 48,250 U.S. troops, along with 65,000 NATO-ISAF troops, 9,500 British troops, and the Afghan National Army of 100,000, were sent to combat and a total of 6,782 of them were killed. The Afghan government is in chaos due to its lack of power and authority. Insurgent groups commit terrorist acts in the streets of cities and towns and slip into crowds of civilians, leaving roads full of corpses of civilians, soldiers, and even members of insurgent groups who were either committing suicide bombing or got caught by accident.

Those events also affected America. The citizens of America are mad about what's going on. Billions of dollars have been spent on the war, creating bad effects on people. Families are upset that their loved ones have to stay in Afghanistan for a long time, more than one or two years. Some soldiers would come back with serious injuries like missing a limb or paralysis. Whatever the reason is, when a soldier comes home, he and his family will suffer with some financial issues because he can't find a job due to the economy today or his health condition. In worse

cases, a lot of soldiers were killed in combat, leaving heartbroken families to struggle to take care of their own. This causes people to want to bring the soldiers back home.

Back in Washington, D.C., Congress and President Bush were arguing over either withdrawing troops out of Afghanistan or continuing the fight. Congress believed the war cost a lot of money, time and men, causing many problems within the country, financially and emotionally. They thought Afghanistan was beyond recovery. Bush believed that the mission was on the right track. He thought he could get Afghanistan back on its feet by stopping the Taliban and al-Qaeda, and helping the Afghan government to strengthen its army so they can fight on their own. He also believed that if they withdrew the troops, these insurgent groups would attack America. During the 2008 Presidential Election, John McCain supported the war, believing that

sending 17,000 troops and additional allied troops would help prevent al-Qaeda from turning the war-torn country into their home turf. When President Obama took over office, he created a strategy to prevent al-Qaeda and the Taliban from coming back by sending more troops there. The only reason to do that is for the protection of America and its allies. This caused people to become upset even further. To my eyes, it's just something similar to Bush's strategy and nothing has turned the tables in the war.

As an American, I think sending more troops can be a bad idea. Sending more troops means more deaths and this leads to poor economic consequences, and other needs we need like medical support and education. But as a human being, I pray for the success of the war. If the troops were to withdraw, what would happen to the people of Afghanistan? I think the

CONTINUED PAGE 4

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PUBLIC INFORMATION WORKSHOP will be on Tuesday, November 17th at 7 p.m. in the Needham Public Library Community Room.

Completed applications and required income documentation must be received, not postmarked, by December 8, 2009.

The Lottery will be held Tuesday, December 15th in the same location.

For lottery information and applications go to [www.s-e-b.com/lottery](http://www.s-e-b.com/lottery) or call 617.782.6900 and leave a message. Applications and information also available at Needham Public Library and the Town Managers Office in Needham Town Hall.

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FROM PAGE 3 WAR

people would suffer under the terror of al-Qaeda and the Taliban. More people will die. Women and girls will endure a wrath way worse than death. Afghanistan will never recover and be in a state of ruins. One thing everyone has in common is that no one knows if this war will go on for a year or two, or even longer. We even don't know the conclusion of the war. We do know that when the smoke from the fires of war goes away, we'll have our answer.

The opinion in this article does not represent that of the Sampan or the Asian American Civic Association.

Feature

A work in progress, the Chinatown Storefront Library grows with its community



Laura Jean Miller, a Library volunteer, reads during story hour. (Photo by Kyle Chayka)

By Kyle Chayka with reporting by Ben Ross and Averil Becque

The scene through the Chinatown Storefront Library's front plate glass window would be unexpected for any traditional library. A swirl of commotion on the weekends, the space was filled one Saturday afternoon with a collection of buzzing

children, volunteer storytellers, teenagers on computers and elderly newspaper-readers, not to mention a few slugs and worms inhabiting a tank of shredded newspaper on the conference table.

After an October 19 opening event that attracted some of Boston's most significant politicians, including Mayor

Thomas Menino and former mayoral candidates Michael Flaherty and Sam Yoon, hopes were high that the beginning of public life for the Library would be just as significant.

Sam Davol, one of the lead coordinators of the Chinatown Storefront Library, looked forward to the challenges ahead

after the opening. "In some ways the idea of actually being open to the public is more daunting" (than hosting the opening event), he said, "but I think that's when it gets exciting, that's when we see all these things in action, whether they work and how they work."

To Davol, the true test for the library is how

well the space provides for the Chinatown community. His hopes were more than fulfilled, as over the past month, the Storefront Library became a part of the fabric of every day life in the neighborhood.

From hosting programs for children to providing an opportunity for the elderly to access online Chinese newspapers, the library has been a success in its newfound role as a public institution. "I don't think we've ever been empty," Sam noted earlier this month, "so in that sense, we're batting a thousand."

Though the capacity of the library has never been challenged to the same point as on opening day, its stream of visitors has been constant — and growing weekly. "During the week we average ten to fifteen patrons, but during the weekends it's double or triple that," Davol says. "It's been interesting to see how quickly things have scaled up... our first children's story hour [on opening day] had one

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FROM PAGE 4 LIBRARY

kid, that made me a little worried, but then it went from one to four to 11 today."

The library's schedule has also expanded. It will now remain open Saturday, Sunday and Monday to satisfy patron demand. "We changed our opening time on the weekends from 10 a.m. to 11 a.m.," Sam recalls, "but I actually had to open the door because people were pulling on it at 10... it's clear that weekends are an important time for a library in this neighborhood."

Locals have begun to depend on the presence of the Chinatown Storefront Library as a part of their daily schedule. Volunteer Rebecca Lee, a Chinatown resident, notes that the library has already accumulated regulars. "Mornings are a busy time for the elderly... It's our third Saturday and already we've figured out that they feel like that space is theirs to read the newspaper."

Visitors' dependence on the Storefront Library demonstrates a clear need for the public space. Yet, the library is not an official institution and thus cannot provide the full

resources and support needed, causing conflict.

Lee recalls one such problem: "There was an elderly man who came in this morning, he was quite upset because the kids had a nature program and they were using the conference table, so there was no place for this man to spread out." Still, the library's advantage lays in its flexibility. Through resolving these problems, Lee says, "our policies and our ideas evolve. Because it's not a formal library... we can adapt to the needs of our consumers."

"I think there's this tension between what people expect from an institution and this concept of trying to experiment and learn from what we're doing and adapt," Davol says,

"in some ways [visitors'] expectations are based on their desire to have a real public library branch with full time librarians, which we are not... so I have to be able to explain to them what this project is and channel some of their enthusiasm into ideas for the future library."

By discovering which hours work best, which

CONTINUED PAGE 6

Health

How do germs spread?

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

How to help stop the spread of germs:

- Take care to:
- Cover your mouth and nose when you sneeze or cough
  - Clean your hands often
  - Avoid touching your eyes, nose or mouth
  - Stay home when you are sick and check with a health care provider when needed
  - Practice other good health habits.

Cover your mouth and nose when you sneeze or cough. Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean your hands often

When available, wash your hands -- with soap

Stopping the spread of germs at home, work and school

and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

Avoid touching your eyes, nose, or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay home when you are sick and check with a health care provider when needed.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health

care provider as needed.

Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches, and
- nausea, vomit-

ing, and diarrhea, (much more common among children than adults).

Alcohol-based hand wipes and gel sanitizers work too

When soap and water are not available, alcohol-

based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Information provided by the Centers for Disease Control and Prevention (CDC).

Article funded through the Asian Health Initiative of Tufts Medical Center

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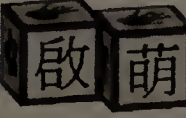
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FROM PAGE 5 LIBRARY

materials are most often used, and what needs a neighborhood library can fulfill, the Storefront Library will collect data and solve problems fundamental to the founding of a permanent library in Chinatown.

There have been a few unexpected discoveries over the first month of the Storefront Library's public life. The supply of books and the lack of full hours sparked the creation of a circulation system allowing patrons to take out books for a week at a time. "Not everyone has time to grab a book and read the whole thing while they're here," says volunteer Patrick Murphy, "and if it's going to be a library then we should circulate!"

Volunteers were also surprised to discover the demand for bilingual materials. "We've literally quintupled the amount of Chinese material," Sam says, "we'll have circulation numbers next week, but at least half if not more of the material going out is in Chinese."

Murphy also notes the need for multilingual material, "A lot of [Chinese material] is really hard to come by, so just the fact that all these books are here in this area is a big deal because it's the only place these things are accessible."

The bilingual aspect of the library has become an important advantage in providing for the Chinatown community. "I've had some people bringing their children because they speak Cantonese at home and they've brought [the children] to hear English," notices volunteer Lucy Borgheiinck, "Then we'll have some people come who have a Chinese-American background but they don't speak Chinese and they want their children to hear Chinese being



Volunteers give away extra books outside the Storefront Library. (Photo by Kyle Chayka)



A child reads in the Storefront Library's children's section. (Photo by Kyle Chayka)

spoken."

Computer use has also proven a vital part of the Storefront Library's day-to-day operations. The space provides multiple internet-use terminals, but managing them has become a larger job than was at first anticipated. "The internet stuff can be kind of a black hole for staff time... people really do need assistance," Sam describes. To that end, the Library is looking to start Internet introduction classes teaching visitors how to search for information online.

Despite its challenges, the Storefront

Library is contributing a great amount both to Chinatown's present community and the future of a permanent library in the neighborhood. "I think people are delighted to have this place," Rebecca Lee says, "there isn't another space like this. There really just

isn't."

Kyle Chayka is a SAMPAN correspondent

Chinatown News

AACA receives grant from Cathay Bank for adult education



Left to right: Johnny Ip, Regional Senior President and General Manager, New England Region, Cathay Bank; AACA Executive Director, Grant Pattison; Vice President and Manager of Commercial Lending, MA Region, Jian Yu Tam, Operations Officer.

On November 9, Cathay Bank in Boston Chinatown awarded \$5000 to the Asian American Civic Association (AACA), supporting its Boston Adults for Self-Sufficiency (BASS) Project. BASS is a workshop-based program, using a combination of in-class workshops for AACA's current students and clients, as well as short-term, highly-focused modular classes for the community at large.

AACA is offering the following free workshops

to the community members: 1) basic computer skills/internet search, 2) resume development/job search (produce an effective resume, polish the existing resume, learn to search for jobs online and write a cover letter), 3) financial literacy workshops.

For more information, please contact Wendy Huang at (617) 426-9492 ext. 251 or wendyhuang@aaca-boston.org

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Maintenance Mechanic

Full-Time: Monday - Thursday and Sunday, 6:00am-2:30pm. Perform a variety of duties involved in the maintenance and operation of a steam distribution system and other related heating system and/or steam equipment. Requirements include pipefitters or plumbing license, ability to read blueprints and diagrams and proficiency in the use of tools and equipment of the steamfitting trade. Gas and electrical pipe welding for noncritical elements, and oil burner servicing experience preferred.

Energy System & Control Technician

Full-Time Service existing energy management system; installing, testing and servicing DDC controls relative to building HVAC equipment; interpret controls and wiring diagrams. Requirements include technical high school graduate or equivalent; analytical capabilities to troubleshoot, diagnose and recommend improvements and the ability to perform heavy lifting/moving and work overtime as needed. Electrical, technical or programming background a plus.

Inventory Received / Distribution Worker

Full-Time: Monday - Friday, 7am - 3:30pm. This is a union position. Receive and record any and all shipments in and out of Northeastern University's warehouse facility, as well as maintaining inventory, storage, materials handling, arranging deliveries, etc. This position also acts as a permanent member of the snow removal team. Requirements include high school, trade or technical graduate or equivalent, minimum of 2 years of warehouse experience, proficiency in Microsoft Office & warehouse management systems; ability to do heavy lifting and operate University vehicles and equipment and a valid fork truck license. Must be able to work overtime and be on call 24 hrs during winter months.

Recycled Materials Handler

Full-Time: Tuesday - Friday, 8am-4:30pm & Saturday, 6am-2:30pm. This is a union position. Responsible for the physical collection of solid waste, and storage of all recyclable materials on all campuses; assist in the development and implementation of collection routes and recycling locations; maintain and operate recycling equipment such as cardboard balers and can crushers, etc. This position also acts as a permanent member of the snow removal team. Requirements include a minimum of 2 years of experience in recycling industry; familiarity with federal, state and local government recycling guidelines; ability to do heavy lifting as well as work overtime during the week and on weekends when needed and be on call 24 hrs during the winter months. Must have a valid DOT certificate.

A valid Massachusetts driver's license and criminal background check are required for all positions.

How To Apply

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- Click on "About Northeastern"
- Click on "Working at Northeastern"

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## 移民資訊

### 宗教人士移民(R 簽證)

根據移民法IN203(B)(4)職業移民第四優先每年有一萬個移民名額。職業移民第四優先又稱特殊移民，其中包括：

- 1、神職人員及其他從事宗教工作的人員；
- 2、美國政府的海外雇員或退休的雇員；
- 3、根据1979年巴拿馬運河條約受雇的人員；
- 4、1978年1月10日以前以H或J身份來美的醫學院學生；
- 5、常設在美國的國際組織的雇員；
- 6、少年法庭認定的由州政府監護的少年；
- 7、曾在美軍服役的人士。

本文將重點討論神職人員及其他從事宗教工作的人員的移民規定。

#### 一、具體規定

申請宗教移民的人士必須具備以下條件：

(1) 在提出申請移民美國之前，至少有兩年時間信奉其宗教，而該宗教在美國設有非盈利宗教組織（比如說，申請人爲佛教徒兩年或兩年以上，而佛教在美國設有廟宇）。

(2) 在這兩年期間，申請人必須擔任神職人員、宗教組織附屬機構的專業人員，或者其他宗

教職務，并且來美也將擔任上述職務。

如果符合上述條件，則可由以下三種方式之一移民美國：

#### 1、來美擔任神職人員

移民局認爲，只要在提出移民申請前擔任過兩年神職人員即可。因此，即令申請人在美國境內擔任神職人員，只要在此期間沒有提出過移民申請，兩年期限滿足之后，即可提出申請。

攻讀神學學位的時間也可算作兩年的工作時間。換句話說，如果在神學院，或佛學院等同類性質的學院攻讀兩年，即符合申請的條件。

值得注意的是，根据移民局最近提出的修改意見，兩年工作經驗必須是全日工作時間，即每周工作三十五個小時以上。

2、在宗教組織中擔任專業工作者，如教授、圖書管理人員等，須具學士學位。

3、其他宗教人士，如尼姑、和尚、修女、修道士或宗教講學人員、宗教醫院或衛生部門的工作人員、傳教士、宗教翻譯人員、宗教電台、電視台播音員等。

#### 二、申請手續

宗教人士的具體申請手續如下：

#### 1、填寫I-360表；

2、有宗教組織的負責人出具信函，證明該宗教組織及申請人均符合有關規定。

3、如果申請人不是神職人員，也非在宗教組織附屬機構工

作的專業人員，上述信函中則應寫明附屬机构具有1986年稅法規定下的免稅資格證書。

#### 三、其他注意事項

1、宗教人士申請移民的截止日期爲1997年10月1日（美國國會已經將此期限延長），但神職人員沒有此一最后期限。

2、宗教人士的配偶及二十一歲以下未婚子女也可一起申請。

3、宗教人士移民的名額每年五千名。

4、不能滿足上述條件的宗教人士也可申請R簽證，來美從事宗教活動，期限爲四年。

以上介紹了宗教人士辦理移民的有關規定，現在我們再簡單介紹一下如何辦理R簽證。

#### 一、哪些人可以辦理R簽證

1、神職人員(minister)；神職人員包括教堂執事、神甫、牧師以及救世軍的官員。

#### 2、宗教組織的專業人員

在宗教組織任專業人員的要求是必須擁有大學文憑。有關的專業人員又可分爲兩類：一爲religious occupation(宗教專業人員)，其中包括唱詩班主持人、禮拜儀式主持人、宗教翻譯、宗教廣播人員、在宗教醫院工作的宗教人員(不包括護士等與宗教無關的人員)。一爲religious vocation(宗教職業)，如和尚、尼姑。如系宗教職業人員，即令從事的是世俗工作，如清潔，也符合條件。

#### 3、在宗教組織附屬机构工作

的專業人員。

#### 二、辦理R簽證的要求

1、首先，申請人在提出申請前應屬於某一宗教兩年時間，而該宗教在美國設有非贏利的宗教組織；申請人勿需在該宗教組織工作過。

宗教組織的負責人可出具信函，證明申請人爲其宗教組織的成員。

2、R簽證可直接向美國領事館申請，而不必報批移民局。需要的材料如下：

(1) I-129表(如向美國領事館申請，則填寫簽證申請表)；

(2) 1986年稅法規定下的宗教組織免稅資格證書。

(3) 宗教組織負責人的信、證明：

- 一申請人的兩年成員資格；
- 一申請人的履歷；
- 一聘請申請人的美國宗教組織的名稱與地點。

#### 三、其他事項

R簽證有效期爲五年，首次爲三年，之後可以延期兩年。在五年期滿之后，必須在美國之外居住滿一年之后，方可以再次申請R簽證。當然，如果在五年中符合特殊移民的條件，則可按宗教人士申請移民。

申請人的配偶與子女可以申請R-2簽證。

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青年專欄

阿富汗戰爭：一個沉淪中的國家

作者: B.Y.C.Me1

九一一到現在8年了。自從恐怖分子襲擊紐約世貿中心和華盛頓五角大樓，布什總統宣布在阿富汗進行反恐戰爭，聲稱在該國有大規模殺傷性武器。戰爭開始美國軍隊不僅對基地組織作戰，而且也打擊塔利班和其他武裝分子。長達8年的戰爭，給雙方都造成了很大損失和人員傷亡。美國軍方努力想控制局勢但遭受多重劫難。雖然布什總統聲稱在阿富汗的軍事行動是成功的，但新聞媒體的報道卻與此相反，這使國內許多人都在思考這場戰爭是否值得。奧巴馬總統接任已經8個月了。但是，這場戰爭的形勢並沒有改變。

世貿中心和五角大樓遭劫後，美國總統布什發出最後通牒並派部隊到阿富汗。塔利班當時曾提議交出本拉登，但布什總統拒絕了這一提議，並命令對阿富汗進行轟炸襲擊。這導致眾多平民傷亡和許多城鎮被摧毀。作為回應，塔利班的回擊也造成更多平民的傷亡。我認為，布什總統之所以拒絕塔利班，理由有二：一，塔利班政府不人道，他們對待婦女殘酷。他們拒絕西方的知識和任何形式的音樂，並禁止婦女受教育。任何人犯了罪，他們將當眾切斷他們的手或受到更殘忍的刑罰。二，塔利班視本拉登為客人，他們按照他們的行為規範治療和庇護客人。布什總統因此認為，塔利班與本拉登是結盟的。無論如何，由於這些分歧造成了後來美國士兵和阿富汗平民的大量傷亡。

幾年之後，阿富汗的條件越來越差。在這幾年裏，48250名美軍，65000名北約部隊，9500名英軍以及10萬名阿富汗國民軍投入戰鬥，共造成6782人死亡。阿富汗政府由於其缺乏能力和權威，一片混亂。叛亂團體在城鎮和街道實施自殺爆炸事件和恐怖主義行為，造成大量平民和士兵傷亡。這些事件也影響到美國國內。美國公民對此紛紛提出質疑。數十億美元用於戰爭，對經濟和人民生活造成了不良的後果。家庭和親人都感到失望，他們的親人在阿富汗已經呆很長時間，超過一年或兩年。一些士兵因受傷而成為殘疾或癱瘓。不管是什麼原因，當一名士兵回家時，他和他的家人會遇到一些經濟問題，因為當前的經濟狀況和健康等原因，他不能找到工作。更壞的情況下，許多士兵在戰鬥中被打死，留下家庭要傷心地照顧自己和親人。這使得許多人想要讓士兵回家。

在華盛頓，國會和布什總統在爭論是從阿富汗撤軍還是繼續戰鬥。國會認為，戰爭消耗了很多金錢，時間和人力，導致國內很多問題，包括經濟上和情感上的問題。他們認為阿富汗正在恢復。而布什則認為，使命正在良好地貫徹。他認為他可以使阿富汗重新站立起來，並幫助阿富汗政府加強其軍隊，使他們能夠靠他們自己的力量遏止塔利班和基地組織。他認為，如果撤出部隊，武裝分子將會襲擊美國。在2008年總統大選中，麥凱恩支持戰爭，認為派遣1.7萬名軍隊和盟國軍隊一起可以防止基地組織把這個飽受戰爭蹂躪的國家重新拖回黑暗的泥坑。奧巴馬總統接任後，他創建了一個戰略，即派遣更多的部隊去遏制基地組織和塔利班。他這樣做的唯一理由，是保護美國及其盟國。這導致人們變得更加不安。在我看來，這類似於布什的戰略，沒有改變戰爭面貌。

身為一個美國人，我認為派遣更多

的部隊可能是一個壞主意。派遣更多的部隊意味著更多的死亡，這還會導致對經濟和人民生活的許多不良影響，包括對醫療和教育方面需要的影響。但作為一個人，我祈禱戰爭的勝利。如果部隊撤出，會給阿富汗人民帶來什麼呢？我想基地組織和塔利班將給人們帶來痛苦。更多的人會死亡。婦女和女童將經歷更多的痛苦和死亡。阿富汗將停留在一片廢墟狀態，永遠無法恢復。但是有一件事大家都清楚，那就是沒有人知道這場戰爭會持續多久，一年，兩年，還是更長的時間。我們甚至不知道戰爭會如何結束。我們只知道，當戰爭的煙霧消失時，我們將得到我們的答復。（陳公權譯）

這篇文章中的意見並不代表帆船和華美福利會的立場。

移民資訊

2010財年的兩萬個H-1B工作簽證高學歷名額已滿，六萬五千個普通類名額也將很快用完

從近期的H1-B工作簽證的申請情況，經濟危機似乎快要結束了。而從美國移民局2010財年H1-B工作簽證的最新統計數據中，我們可以發現十月份工作簽證申請的顯著增長。移民局稱其兩萬個專為在美國大學獲得碩士或博士學位的外籍人士準備的H1-B高學歷簽證名額已經用完。在美國大學擁有高等學歷的外籍人士仍可以申請工作簽證，不過這些申請將被納入六萬五千個普通名額內。

美國移民局在今年十月份收到了六千二百個配額內的H1-B工作簽證申請，這個數字與九月份的一千五百個相比，有了明顯的增長。截止到今年10月25號，美國移民局總共收到了五萬兩千八百份H1-B工作簽證申請，而國會規定的申請上限為六萬五千個。因此2010財年的H1B工作簽證只剩下一萬兩千個名額，而其中還有六千八百個名額是預留給智利和新加坡國民的。如果把已經收到的申請和預留名額都排除在外，那麼2010財年只剩下約五千四百個H1-B工作簽證申請名額。

一部分申請將撤回或被拒，美國移民局在2010財年將接受超過五千個四百個H1-B工作簽證申請。另外，那六千八百個為智利和新加坡籍人士預留的名額從未被用完過，所以其中大部分名額會回到六萬五千個普通名額中。

美國移民局目前仍然接受2010財年的H1B工作簽證申請，然而近期申請數量的激增意味著所有工作簽證名額將在十二月份中旬被用完。（王巍 譯）

美國艾滋病患入境禁令取消

艾滋病患旅行禁令的取消是一項載入史冊的決定，根據最終法案的規定，隸屬於美國衛生福利部的美國疾病預防與控制中心將把“人類免疫缺陷病毒感染”（HIV）從傳染性疾病類中除去，同時也取消了對艾滋病患者入境的限制。在此之前，艾滋病被定義為傳染性疾病，其患者被禁止進入美國國境。

根據最終法案，外籍人士不會再因患有艾滋病而被禁止入境，同時他們也不再需要進行作為美國移民規定醫療檢查的是一部分的艾滋病毒檢測。

新規定適用於哪些移民

1）在美國以外的大使館或領事館

移民資訊

親屬移民排期	全世界(包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	04年01月22日	04年01月22日	04年01月22日	92年08月01日	93年11月01日
第二優先2A	05年11月01日	05年11月01日	05年11月01日	03年10月01日	05年11月01日
第二優先2B	01年11月01日	01年11月01日	01年11月01日	92年06月01日	98年07月01日
第三優先	01年02月22日	01年05月22日	01年05月22日	92年08月22日	91年11月15日
第四優先	99年09月08日	99年09月08日	99年09月08日	95年11月15日	87年03月22日

職業移民排期	全世界(包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
第二優先	現在有名額	05年04月01日	05年01月22日	現在有名額	現在有名額
第三優先	02年06月01日	02年06月01日	01年05月01日	02年06月01日	02年06月01日
非技術勞工	01年06月01日	01年06月01日	01年05月01日	01年06月01日	01年06月01日
第四優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
宗教工作者	沒有名額	沒有名額	沒有名額	沒有名額	沒有名額
第五優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額

移民問答

帆船將把讀者有關移民的問題提給波士頓移民律師Keith Pabian並將其答復刊登在每期帆船上。讀者如有這方面問題，請發電子郵件給editor@sampan.org

問：我申請政治避難，但移民官問我是否也想申請暫緩遞解出境。什麼是暫緩遞解出境，它和政治避難有什麼不同？

答：暫緩遞解出境往往是誰授予因為在美國犯罪或進入美國的首年內沒有提出政治避難申請，而喪失獲得政治避難資格的人。根據美國移民法，除少數例外，人們必須在進入美國的第一年內申請政治避難。

暫緩遞解出境的好處是美國政府永遠不能把那個人送回到他們遭受酷刑或害怕返回的國家。因此，你永遠不會被送回條件十分惡劣的你的國家。此外，如果你嫁給一個美國合法永久居民或美國

申請簽證的外籍人士

2）抵達美國的外籍人士

3）根據美國國土安全部要求進行入境醫療檢查的外籍人士

4）申請調整為永久合法居民身份的外籍人士

一個想要通過移民簽證或身份調整來取得永久合法居民身份的移民必須接受醫療檢查，來判斷你是否會因為健康問題而被拒絕申請。申請被接納為難民的外籍人士同樣需要在美國以外接受醫療檢查，此類醫療檢查會由美國國務院指派的醫療小組負責。

申請調整為永久合法居民身份的移

09年12月移民排期表

親屬移民排期表

- 第一優先: 美國公民的成年未婚子女
- 第二優先: 2A 永久居民的配偶及未成年子女
- 第二優先: 2B 永久居民成年子女
- 第三優先: 公民的已婚子女
- 第四優先: 公民的兄弟姐妹

職業移民排期表

- 第一優先: 傑出人才、研究人員教授
- 第二優先: 2A 永久居民的配偶及未成年子女跨國公司主管
- 第二優先: 高等學位專業人才
- 第三優先: 技術勞工及專業人士
- 第四優先: 宗教工作者
- 第五優先: 投資移民

公民，他或她可以為您申請獲得綠卡。同樣，美國的雇主也可以幫助您獲得綠卡。

但是，暫緩遞解出境有幾個壞處。首先，政府可以安排除了傷害該人的國家之外的一個國家來安置他們。第二，如果你離開美國將無法返回。因此，假設你居住在加拿大的父母生病了，你不能去訪問，除非冒著將無法返回美國的風險。最後，與受政治庇護者或綠卡持有人不同的是，你不能申請讓你的親屬前來美國與你團聚。

顯然，暫緩遞解出境提供了巨大的好處，因為它保護一個人不會返回到危險的環境。然而，它的負面因素也必須在申請時得到充分的考慮。

Keith Pabian是Pabian & Russell, LLC公司的移民律師。如果您有安排協商或移民援助或諮詢的需要，請聯繫Pabian先生。電話（617）951-3721，電子郵件kpabian@pabianrussell.com。（孔璋林譯）

民必須接受由美國移民局指派的醫生進行的醫療檢查。在此之前，患有艾滋病的移民除非獲得困難減免，否則是被禁止調整身份的。唯有那些有符合資格的美國親屬的申請人才可以申請困難減免。許多同性戀申請者，因為沒有符合資格的美國親屬而無法申請調整身份。新的規定將能幫助數千名患有艾滋病且不符合任何減免的申請人取得永久合法居民身份。（王巍 譯）



## 華埠新聞

華埠社區聯盟  
月會探討  
「共同波士頓」計劃

華埠社區聯盟月會探討「共同波士頓」計劃。(徐凱俐攝)

【本報記者徐凱俐報導】11月12日週四上午，華埠社區聯盟(The Chinatown Coalition)於華埠社區中心(BCNC)召開每月例會，聆聽新一輪「共同波士頓(Common Boston)」計劃，詳看中文版「華埠教育線路」(Chinatown Educational Pathway)圖，更新華埠各組織最新動向。

作為一個義工組織，「共同波士頓」旨在通過互動，提高公眾對波士頓地區建築環境的認識，增進設計師與民眾之間的協作，共同創造一個可持續性發展、公平又美麗的建築環境。來自該組織的Justin Crane在會上表示，「共同波士頓」預備在2010年6月18日至27日這段時間內舉辦免費活動，歡迎各方人士藉此機會深入新地，與城中居民良好互動。而在6月19日，華埠會成為當日主題，向活動參與者展示華埠的特色、人文與精神風貌。在去年舉辦的此活動中，華埠日內容有Berkeley街社區花園隨身語音導覽、與美食家Nadine Nelson吃轉華埠、24地段(Parcel 24)和華埠住房的未來等等，介紹華埠的昨天、今天和明天，將活動參加者與華埠及華埠居民深深結合起來，娓娓道出華埠和華埠人的故事。

Justin Crane表示，「共同波士頓」已經與華埠的一些重要人士進行探討，再與華埠社區聯盟

人士開會是為聽取多方意見，對華埠做更多了解，希望找出關於華埠有趣且豐富的内容，屆時可向眾人展現還未被深入發現的華埠的各方各面。

塔夫茨大學社區關係主任芭拉魯貝(Barbara Rubel)對此表示同意。她說：華埠有許多不同面，聽取更多的聲音才能挖掘更多華埠的好故事。

華美福利會教育主任高理察(Richard Goldberg)在接下來的例會上分發了「華埠教育線路」(Chinatown Educational Pathway)圖中文版。

他說：「這張表很好的解釋了華埠現在提供的課程。」

相對於前兩次華埠社區聯盟月會上提供的英文版「華埠教育線路」，中文版契合了英文程度不高的華裔市民的需求，幫助他們了解華埠內可利用的教育資源，尋找到合適自身的英語、電腦、工作發展和公民課程等等不同華埠組織開設的課程。

高理察還介紹到，啓萌幼兒教育中心將在明年1月11日正式啓動。這將是波士頓第一所普通話教學的幼兒中心。中心可容納年齡在6個月至6歲大的孩童51人，漢語將是該中心的主要工作語言，所有孩童都將在此沉浸於全中文環境中，對期望孩子了解中國文化、能講流利漢語的家長將是一大福音。

## 健康專欄

如何防止致病的  
病菌傳播

病菌如何傳播？

流感和感冒這種疾病由感染鼻子、喉嚨和肺的病菌引起。被感染的人咳嗽或打噴嚏時，通常會把流感和感冒傳染給他人。

如何幫助阻止病菌的傳播  
請切記：

- 在打噴嚏或咳嗽時捂住口鼻
- 經常洗手
- 不要擦拭眼睛、口鼻
- 生病時不要外出，需要時要看醫師

養成其他良好的健康習慣  
打噴嚏或咳嗽時捂住口鼻  
咳嗽或打噴嚏時使用紙巾，然後把紙巾丟掉。沒有紙巾時，打噴嚏或咳嗽要捂住口鼻。然後洗手，而且每次打噴嚏或咳嗽後都要洗手。

經常洗手

盡可能用肥皂和溫水洗手，然後雙手用力磨擦，並用力擦洗所有的皮膚表面。洗手要持續15到20秒鐘。肥皂加上用力擦洗才能移動並洗掉病菌。

沒有肥皂和水時，可使用含酒精的一次性手巾或膠體消毒殺菌劑。在大多數超級市場和藥房都有出售。使用膠體時，放在手內磨擦，直到膠體變乾。膠體

不需要水；膠體內的酒精就能殺死導致感冒和流感的病菌。

不要擦拭眼睛、嘴巴或鼻子

接觸病菌污染的物件後再觸摸眼睛、嘴巴或鼻子，通常會傳播病菌。病菌可以在球形門拉手、書桌和桌子等物體表面生存很長時間（有些能生存2個小時或更久）。

阻止致病的病菌傳播

生病時不要外出，需要時要看醫師

生病或有流感症狀時，要呆在家裡好好休息，需要時要看醫師。不上班的話可能需要給您的工作單位出示醫

師的證明。記住：與

他人保持一定的距離可能保護他們不生病。流感的通常症狀包括：

- 發燒（通常高燒），
- 頭痛
- 極度疲倦
- 咳嗽
- 喉嚨疼痛
- 流鼻涕或鼻塞
- 肌肉疼痛，及
- 噁心、嘔吐和腹瀉（在兒童中比在成人中更為普遍）。

養成其他良好的健康習慣

多睡覺、經常運動、不要有壓力、飲用大量的液體，而且還要吃健康的食物。養成健康的習慣能幫助您在流感季節和一年所有的時間內保持健康。

聯邦疾病控制中心(CDC)及其合作機構和組織提供大量有關洗手和其他您能做的事情的訊息，助您保持健康，避免導致流感、感冒。

有關詳情，請瀏覽 [www.cdc.gov/flu](http://www.cdc.gov/flu)，或撥打國家免疫熱線(800) 232-2522（英語），(800) 232-0233（西班牙語），或(800) 243-7889（電傳打字機）。

（文章由塔夫茨醫學中心贊助）

## Northeastern University

## Mover/Bus &amp; Truck Driver - Maintenance &amp; Services

Full-Time: Monday - Friday, 7am - 3:30pm. This is a union position.

Performs various driving, operating, material handling, and related duties. The qualified candidate will operate University motor coach in a safe and secure manner; maintain vehicle interior/exterior in a clean, orderly condition; maintain driving records to ensure safety and compliance with all DOT regulations; detect and report mechanical maintenance requirements for assigned vehicles to supervisor; load and unload cargo received and delivered and obtain authorized signature of delivery, assist in unloading vendor's vehicles, check quantities received and obtain appropriate signature; assist in keeping vehicles, equipment, warehouse and loading docks in a clean orderly condition. This position is also a permanent member of the snow removal team.

Requirements include: A valid Massachusetts Commercial Driver's License with necessary endorsements, along with a DOT certificate; must be able to work overtime during the week and weekends as needed (including 24 hour call during the winter months); must be able to lift a minimum of 50lbs and must have the ability to travel. This position requires a criminal background check.

## How To Apply

- Go to [www.neu.edu](http://www.neu.edu)
- Click on "About Northeastern"
- Click on "Working at Northeastern"

Equal Employment Opportunity  
Northeastern University is an Equal Opportunity, Affirmative Action Educational Institution and Employer Title IX University. Northeastern University particularly welcomes applications from minorities, women and persons with disabilities.



<http://www.neu.edu>

## EDG 現招收全日制英文精讀班新學員

專為波士頓地區的新移民開為期十周的全日英語進階班，專攻辭彙和對話。來自不同國家的學員在課堂內外廣泛交流，互助互惠，迅速提高交際能力。

新學期於12月7日開課。學費為\$125。

欲知詳情可流覽 [www.edginc.org](http://www.edginc.org)

名額有限，報名請電 617-357-5717

EDG

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(接第三版 - 活動)

7. 熱心傳教、傳團、  
社工作

8. 其他重要而可貴之  
表現。

該會將成立編審委  
員，進行被推薦者之資格  
審查，並於通過審查後，  
發函徵求其收錄之意願，  
並請其提供相關資料及照  
片，以利編輯。

僑聯總會強調，為免  
有遺珠之憾，將另行邀請  
各相關單位推薦，同時也  
透過網路尋求各界舉薦。

所有推薦工作，請  
於11月30日前，依照該  
會推薦表格(可上僑聯網  
站: [www.focat.org.tw](http://www.focat.org.tw)  
表格下載區下載)，填寫  
後傳真或電郵至該會。傳  
真: +886-2-2375-2464  
; 電郵: [focat@ms51.hinet.net](mailto:focat@ms51.hinet.net)。

• 國際學生有獎  
作文競賽

美國國際教育基金會  
榮幸地宣佈其一年一度的  
國際學生有獎作文競賽。  
此競賽歡迎任何在美國留  
學的全日制本科生及研究  
生參加。

作文要求:

作文必須由在美國留  
學的全日制本科生或研究  
生書寫。作文應生動地展  
現出留學生在美國大學的

校園生活和課外經歷，例  
如校園生活小貼士或工作  
經歷。作文字數從400到  
800不等，並需另外附上兩  
到三張與作文相關的、附  
有文字說明的清晰照片。

競賽獎金:

獲獎作文的作者將獲  
得200至500美元的獎金。  
提交的作文將由美國國  
際教育基金會出版的美  
國校園指南(US campus  
guide)的編輯們進行篩選  
並出版。最終的獲獎作文  
將由美國校園指南的編輯  
及讀者一起選出。

作文提交:

為了能夠在2010新春  
版美國校園指南中出版，  
所有附有照片的作文必須  
在2010年十二月一日前  
發送到[Guide@uscampus.com](mailto:Guide@uscampus.com)。美國國際教育基金  
會保留對提交作文的內容  
和長度進行修改和編輯的  
權利。美國國際教育基金  
會擁有提交作文的所有權。  
欲知詳情，請致電(240  
) 453-9488。

• 「中西文化交流」  
講座對話系列

華夏文化協會和摩頓  
劍橋健康聯盟為鼓勵摩頓  
社區華裔居民瞭解當地文  
化，特舉辦「中西文化交  
流」講座對話系列。首次  
活動的時間為11月14日(星期六)早上10至12,地點:  
摩頓劍橋健康聯盟(Canal  
街195號)。所有活動全部

免費，活動後提供茶點享  
用。歡迎參加，並分享您  
的經驗與需求。

此活動概分八部份的  
時間與大綱:

• 講座系列  
2—12/12/2009,瞭解能夠  
幫助你的社區服務設施和  
機構

• 講座系列  
3—1/16/2010,致富的途  
徑:賭博還是辛勤勞作或抓  
住機會提升事業

• 講座系列

4—2/13/2010,教授插花  
技巧

• 講座系列  
5—3/13/2010,春節遊園  
活動

• 講座系列  
6—4/10/2010,如何合理  
利用美國的財務政策獲取  
減免稅,建立退休金計劃和  
教育基金

• 講座系列  
7—5/08/2010,家庭成員  
之間的溝通

• 講座系列

8—6/12/2010,聚會(邀請  
你的美國鄰居一起來載歌  
載舞)

劉迪雷氏基金會、劍  
橋健康聯盟及摩頓市府贊  
助這一系列的活動，座位  
有限，請儘快報名。洪  
梅:781-321-6316(白天),  
劉小梅:339-224-8092(晚  
上)。

除了每月座談系列  
外，華夏也提供其他課  
程與活動，如早晚成人英  
語會話班;每週晚上有電

國、國畫、書法、太極拳  
和歌唱班。還有小孩的週  
末中、英文、數學、畫畫  
和武術功夫班，以及11月  
份即將開始週一至五課後  
的功課及中、英語和數學  
輔導。

## 查爾斯河畔公寓

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可負擔的住房抽籤

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查爾斯河畔公寓有350個住所,現在其中的88個單位將以可負擔的價格出租給家庭收入在地區平均80%以下的家庭。這些單位將以抽籤的方式出租。

每戶家庭最高收入限制

一人家庭 - \$46,300	三人家庭 - \$59,550
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公共資訊說明會將於11月17日禮拜二晚上7點在李約瑟(Needham)公共圖書館社區會議室舉行。

完整的申請表以及收入證明表格須於2009年12月8日以前收到,而非寄出。

抽籤將於12月15日禮拜二在同一地點舉行。

請上我們網站以流覽抽籤訊息以及申請表格

[www.s-e-b.com/lottery](http://www.s-e-b.com/lottery) 或撥打 617-782-6900並語音留言。

申請表格及其他資訊亦可於李約瑟公共圖書館及李約瑟城鎮中心的管理辦公室取得。

888.285.6558

300 2nd Avenue | Needham MA 02194  
CRLanding.com



## 憂鬱症研究

你是否曾經經歷過:



悲傷?  
失去動機?  
睡眠困難?  
.....



如果你曾有過這些經驗  
並且年滿18歲以上

請撥 617-724-7683

你可能有資格參與這個憂鬱症研究  
並有機會接受專家諮詢  
且可獲得 \$120元的酬勞

此研究由麻省總醫院贊助  
並將於華人醫務中心進行

波士頓唐人街145 South Street  
離中國超級市場(舊美東超級市場)一個街口

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Join the Wang YMCA during  
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\*Initial joining fee applies.

Must enroll in automatic monthly payment plan.

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617-426-2237 • 617-426-1313  
[www.ymca.org/wang](http://www.ymca.org/wang)

華裔王氏青年會

Wang YMCA  
of Chinatown



## 柯德文殯儀館

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Tak Chiu Joseph Yeung  
Senior Funeral Director



白堅禮  
Kenneth F. Bennett  
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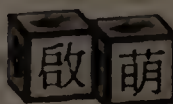


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(North Station 地鐵站)  
J.S. Waterman & Sons.  
橙線, 綠線 C、D、E 車

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(Citgo 加油站對面)  
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A Service Family Affiliate of AFS and Service Corporation International, 206 Winter St., Fall River, MA 02720 電話: (508) 676-2434

## 尋找一個您的孩子能成長茁壯的地方?



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- \* 全新設施

取得進一步資訊,請速電

電話: (617) 426-9492 x216 或 x259 電子郵件: [budsandblossoms@aaca-boston.org](mailto:budsandblossoms@aaca-boston.org)

地址: 波士頓車庫街87號, 郵政區號02111



活動簡訊

• 摩頓感恩節慶祝會  
摩頓華夏文協合唱團  
於11月20日(週五)晚上  
7點舉辦摩頓感恩節歌唱  
會，歡迎喜歡唱歌或者喜  
歡聽歌的的朋友們參加。  
地址:238 Highland Ave,  
Malden。聯繫人團長李  
虹:781-475-2092，關瑞芳  
781-475-9079。

• 語文學苑管理編輯  
簡介  
語文學苑管理編輯簡  
介於11月21日(週六)下午  
1:30至3點在全球華文網  
在僑教中心和JoinNet同時  
上課。請先安裝Joinnet  
(http://www.webmeeting.  
com.tw/download\_  
joinnet.php)，下載登  
入說明.ppt(http://  
tw.echinesenet.com/  
files/joinnet%20

login.ppt)，於會議  
前十分鐘進入新英格蘭  
中文學校協會專用教室  
(http://joinnet.iiiedu.  
org.tw/gotomeeting.  
php?u=175&c=visit)。聯  
絡測試: james\_chuang@  
hotmail.com。

• 台大校友會  
感恩節聚餐  
台大校友會感恩節聚  
餐於11月21日(週六)晚上  
6:點在揚子江飯店舉行。  
提供保姆服務，僅限五歲  
以上小朋友。請預先郵寄  
餐費(會員及家屬\$22/1  
人,學生\$15/1人。非會  
員或10日後報名者\$25,  
學生\$18)，聯繫人：李  
文成會長:781-862-7602  
，wenleel92@gmail.com。

• 波克萊台商年會  
波克萊台商年會12月  
5日於(週六)上午10:30  
至下午2點在協和門窗  
Rm #83(99 East Cottage

St.,Boston，電話:800-  
698-5552) 舉行年會與商  
機發表會。即日起至12月3  
日報名截止，免費午餐。  
請向下列負責人登記:羅靜  
春會長:617-818-2467，郭  
競儒:617-669-6609，李淑  
玲:617-244-1832，游勝  
雄:617-739-9588(Before  
8pm)。

• 松竹婦女會聚餐  
松竹婦女會聚餐於12  
月5日(週六)晚上6點在  
會長林嫻紫家中舉行Pot  
Luck聚餐，並討論財務。  
報名王詩美:wangshihm@  
hotmail.com。

• 中文PowerPoint製  
作  
中文PowerPoint製  
作於12月12日(週六)下  
午1:30-3PM，全球華文  
網在僑教中心和JoinNet  
同時上課。請先安裝  
Joinnet (http://www.  
webmeeting.com.tw/  
download\_joinnet.php)

，下載登入說明.ppt  
(http://tw.echinesenet.  
com/files/joinnet%20  
login.ppt)，於會議前  
十分鐘進入新英格蘭中  
文學校協會專用教室  
(http://joinnet.iiiedu.  
org.tw/gotomeeting.  
php?u=175&c=visit)。聯  
絡測試: james\_chuang@  
hotmail.com。?

• 「海外傑出華人名  
人錄」，並自即日起接受  
推薦  
為表彰海外傑出華人  
之事跡和貢獻，華僑救國  
聯合總會決定編印出版「  
海外傑出華人名人錄」，  
並自即日起接受推薦，歡  
迎各社團、公所推薦適當  
人選，以資表揚，共襄盛  
舉。  
僑聯總會已同時發函  
該會理事、顧問、會員單  
位、海外各副秘書長、各  
辦事處主任、副主任，請  
推薦傑出人士。

而僑聯成立50餘年，  
始終以聯繫及服務海外  
僑團僑胞及歸僑為使  
命，確有對海外傑出及  
知名僑胞予以表揚之責  
任，所以決定出版「海  
外傑出華人名人錄」。  
「名人錄」收錄標準  
包括：  
1. 在海外經營事  
業，卓有成就。  
2. 在各行各業之表  
現優異，卓有聲名。  
3. 對各種學術科技  
研究有特殊貢獻或權威  
著作發明，榮獲重要榮  
譽。  
4. 對藝術文化體育  
有特殊成就，足為華青  
爭光。  
5. 旅居海外經常有  
善心善舉。  
6. 對當地社會有特  
殊貢獻，足以提高華人  
地位，爭取國際友誼。

(第三版續)



想加入MBTA嗎？

一個推動麻州前進的團隊

麻州公共交通系統管理局正在舉行一場抽籤以隨機招聘以下入門職位的候選人。我們希望這個抽籤產生的招聘結果將會使用大約兩年。

請在www.matajoblottery.com上申請，或郵寄以下表格或其影印本至**MBTA JOB LOTTERY, P.O. Box 187289, Hamden, CT 06528**。信件郵戳必須在**2009年12月19日星期六**之前。多次申請並不會增加您被選中的機率。請勿致電或拜訪管理局人力資源部詢問您的申請進展狀況，我們無法幫助您，因為我們雇用了獨立的仲介負責此次抽籤。

- |                                  |                    |
|----------------------------------|--------------------|
| * 兼職列車人員 (列車服務員) - \$19.62**     | 兼職巴士司機 - \$19.62** |
| 兼職街車人員 - \$19.81**               | 全職鐵軌操作人員 - \$18.04 |
| 兼職顧客服務代表 - \$19.10**             |                    |
| *需兼職作為列車服務員(\$19.34)及/或者兼職顧客服務代表 |                    |
| **受訓期間時薪\$10.00起                 |                    |

請注意：所有申請者必須年滿18歲。所有抽籤的職位需要高中文憑或普通教育水平證書，並且具備用英語理解、交流和回覆指令、要求、標誌、公告及詢問等的能力。所有被選上者必須通過一項英語能力測試、背景調查，以及包括藥物及酒精測試在內的身體檢查和一項面試。若需工作職責說明、抽籤最新狀況，以及關於2009系統管理局抽籤的一系列問題，請上網站www.mbtajoblottery.com。

Apply online at www.mbtajoblottery.com or mail form below to: MBTA Job Lottery, P.O. Box 187289, Hamden, CT 06518

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_  
(Please print in ink)

STREET ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE # \_\_\_\_\_ EMAIL \_\_\_\_\_

I want to receive future communications about the Lottery via (check only one)

☐ email address above ☐ street address above

DATE OF BIRTH   -   -     (MM/DD/YYYY)

Check Boxes of Positions Applying for:

☐ Part-Time Motorperson ☐ Part-Time Streetcar Motorperson ☐ Part-Time Customer Service Agent  
☐ Part-Time Bus Operator ☐ Full-Time Track Laborer

ALL ABOVE SECTIONS MUST BE COMPLETED CLEARLY AND LEGIBLY FOR THIS FORM TO BE VALID.

Please select only one category:

<input type="checkbox"/> American Indian or Alaskan Native	<input type="checkbox"/> Hispanic or Latino	<input type="checkbox"/> White	Sex: <input type="checkbox"/> Male
<input type="checkbox"/> Asian	<input type="checkbox"/> Native Hawaiian or Other Pacific Islander		<input type="checkbox"/> Female
<input type="checkbox"/> Black or African-American	<input type="checkbox"/> Two or more races		

The information relative to gender and race/ethnicity is for affirmative action reporting purposes only. If you do not provide this information, it will not adversely affect your right to participate in the lottery.  
**The MBTA is an Affirmative Action/Equal Opportunity Employer**

SAMPAN 舢舨

始於1972，全美國各地區均有中英文雙語雙周刊  
The only bilingual Chinese-English Newspaper in New England

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

舢舨徵才



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MASSACHUSETTS BAY TRANSPORTATION AUTHORITY  
TRANSPORTATION BUILDING  
10 PARK PLAZA  
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. **A40CN01, HARVARD SQUARE STATION VERTICAL TRANSPORTATION IMPROVEMENTS, CAMBRIDGE, MASSACHUSETTS, (CLASS 7, Buildings AND PROJECT VALUE - \$6,202,105.00)** will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on **December 22, 2009**. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work in general consists of the construction of a new elevator connecting Degugliemo Plaza to the upper busway of Harvard Station. To accommodate the new elevator, the existing stair will be removed and a new stair will be built in a new location. A corridor will be constructed to connect the new elevator with the bus platform. In addition, a part of Degugliemo Plaza will be re-graded to comply with accessibility requirements. Site work will include new granite pavers and seat walls as well as utility relocation.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

*Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.*

*Prequalified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.*

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on **November 18, 2009**, Monday through Friday. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications shall be available in a portable data file (.pdf) format and Contract Drawings shall be available in Tagged Image File (.tif) format, at no charge. Contract Bidding documents will be shipped upon request and receipt of a fee of \$25.00, payable by check. Bidding documents will be forwarded by U.S. Mail at the expense of the plan holder. **THIS CHARGE IS NOT REFUNDABLE.**

Bidder's attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 20 percent.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

A40CN01  
2008

NOTICE TO BIDDERS  
00100-1

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor's Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA's property shall be obtained from the Project Manager, **Desiree Patrice, 500 Arborway, Jamaica Plain, MA 617-222-4479**. The Authority will conduct an inspection tour of the site on **December 1, 2009**. Bidders are requested to be present in the unpaid Fare Collection Area at **Harvard Square Station, Cambridge, Massachusetts**, at **11:00 a.m.** to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on **December 2, 2009 at 2:00 p.m. at 500 Arborway, Jamaica Plain, MA**. Room number will be posted. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.  
This information may be viewed at the MBTA website:

[http://www.mbta.com/business\\_center/bidding\\_solicitations/current\\_solicitations/](http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/)

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: November 18, 2009

By: Jeffrey B. Mullan  
Secretary and Chief  
Executive Officer of  
MassDOT

William A. Mitchell, Jr.  
Acting General Manager of the MBTA  
& Acting Rail & Transit Administrator of  
MassDOT

A40CN01  
2008

NOTICE TO BIDDERS  
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